

Spanish Rice (FDD)

Makes: 4 Servings

Rice is a staple food item for many people. Here's a recipe to help you add zing when you are serving rice.

Ingredients

- 1 tablespoon** vegetable oil
- 1** onion (large, chopped)
- 1 clove** garlic (chopped)
- 1** large red chili pepper (seeds removed and chopped)
- 1 teaspoon** ground ginger (if you like)
- 1 tablespoon** low-sodium tomato paste
- 1 1/3 cups** grain white rice (medium, uncooked)
- 1 can** low-sodium tomatoes (about 15 ounces)
- 1/3 cup** vegetable broth
- 1/3 cup** water
- 1 teaspoon** sugar

Directions

1. Heat oil in a large pan. Cook the onion until soft. Add garlic and chili and stir through for 1 minute. 2. Stir in tomato paste and cook for 1 minute. If using ginger, add that too. 3. Add rice, tomatoes, broth, water, and sugar. Bring to a boil, reduce the heat, and simmer 15 minutes or until rice is soft.

Nutrition Information

Nutrients	Amount
Calories	300
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	196 mg
Total Carbohydrate	61 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	50 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available

Source: Recipe adapted from Food.com